	Nutrition Education Lesson						
	Second Grade (TL-2-5)						
Nutrition	This lesson is designed to engage students in goal-setting related to physical activity and screen time.						
constructs							
Iowa Core	21st Century Skills – Health Literacy (K-3) – Demonstrate goal-setting skills.						
Supplies	Physical Activity Card Set (provided) Time 30-35 minutes,						
needed	required ongoing follow-up						
Before the	Review the description of goal-setting below and customize for the abilities and interests of your class. Review the sample tracking chart to						
lesson	determine if any portion needs to be made ahead for students or posted on the board.						
Lesson	 Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong. Discuss aloud (tailor for class): Goals are things we try to do because they are important to us. Some examples are: a) I want to get a perfect score on my spelling test. b) I want to make three baskets in a row when I play basketball. Explain that when we set goals, it is good to think about what we'll to do to reach them. For example, if I want a perfect score on my spelling test, I need to study and practice the words. If I want to make three baskets in a row, I need to practice shooting. Setting goals is important because it often helps us accomplish something we want to do. Something we all want is to be healthy and goals can help us stay healthy. We all know that being active every day is good for us but, did you know that second graders should do activities that make your heart beat fast for at least an hour every day? Screen time is the time we spend watching TV, playing on the computer, playing video games or texting on a cell phone. These activities use little energy or muscle power. We should not spend more than two hours per day in front of a screen. Ask students if they know why why? Tell students that today they are going to write about the importance of being active and not having too much screen time. Discuss these characteristics of a smart goal with students. Specific – the goal is specific when it involves doing one particular thing. Measurable – a goal is measurable when it is something we can actually do for ourselves. Realistic – a realistic goal is one that makes sense for and isn't so difficult that we want to give up. Time – goals should include a specific time when you						
	time allows and ensure students' goals fit the characteristics above. (continued on page 2)						

5. Each student will make a chart with their goal across the top as a title, days of the week down the left side and four columns labeled with week
numbers across the top to track their progress in reaching their goal. When they do the target behavior on a particular day they can mark the box
with a sticker or "x". Revisit the students' tracking sheets each day for a month to remind them to document how well they are doing with their
goal.

Sample

Goal: I will watch no more than one hour of TV per day this month.

Γ		Week 1	Week 2	Week 3	Week 4
Ī	Monday				
Ī	Tuesday				
Ī	Wednesday				
Ī	Thursday				
Ī	Friday				
	Saturday				
	Sunday				